

Hope: The Driving Engine of Recovery

by
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I was watching the movie, ³The Rainmaker², August of 1996. I had a realization.

I had come to believe in Recovery and the Recovery process. I could never guarantee Recovery to people. Life has a lot of luck. Some people win, sometimes. Some people don't. Recovery might happen and might not.

I could never promise recovery to anyone. Recovery is elusive. After watching ³The Rainmaker,² I realized what everyone can have is hope. ³The Rainmaker² was about hope.

People in the movie did silly chores to bring rain. They never got rain. They were able to improve their relationships between each other just by having hope. Sure, rain came at the end of the movie. But, hope had changed their lives before the rain.

I realized that everyone holds grains of hope. No matter how much our life has been interrupted by this psychiatric condition. No matter how severe our psychiatric condition becomes. Grains of hope are left.

Even with people who commit suicide, they seem to have the hope the psychic pain will go away. Even in the most desperate situations, people seem to have hope. They hold on to hope and drag up hope. Hope seems universal.

Hope is the driving force behind recovery. Hope can initiate a quest for recovery. Hope can sustain the drive for recovery. The recovery process is luck. Meet the right people. Be in the right place. Get in touch with the right supports. Receive lots of encouragement along the way. A lot can go wrong in the recovery process.

Hope just keeps chugging along. No matter how much the fires of recovery become dampened, the sparks of hope are still around.

In the movie, the rainmaker was selling rain and giving hope. We don't talk about hope. I wonder. If we were to just offer hope, what would happen? If we were to talk daily about and emphasize hope, what would happen? If I were to say that I can offer hope, because we all have it. What would happen?

I have stayed away from recovery evangelism. Still, I feel comfortable promising hope. Hope seems to be an attribute which people already have. I'm just one of the reminders. Hope can get us going. Hope keeps us going.

Can we have a discussion about hope? Can we have conversations about hope? Like in ³The Rainmaker,² there are people who bring out hope in each us.

The challenge before mental health practitioners is how to bring out hope. Hope will drive the recovery process. Don't submerge hope. Celebrate hope.

Hope that someday, we can all show our hope to each other. Celebrate hope as a human quality that will create the recovery atmosphere. Hope to start the recovery process. Hope. Hope is for everyone.

Oh, If you get a chance to watch ³The Rainmaker² -- see what you think.